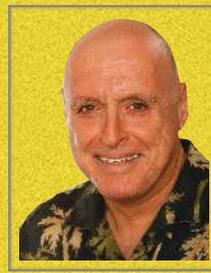


THE EXTRA POINT

BY JERRY ROBERTS



477 Resolutions and Goals Need a Connection to Principles

Are you making New Year's resolutions to become a better you? What if I told you there was a better way? I'm Jerry Roberts and today, we'll look at a different path for our progress. That's next on The Extra Point.

In the next hours and days millions upon of people across the nation and around the world will resolve to make some kind of positive change in their life. New Year's resolutions are a tradition that we love to talk about. The only trouble is, the vast majority of those people will abandon their resolutions no later than mid-February. Most won't survive January.

If you're thinking that goal-setting is the answer, it very well could be. Unfortunately, an embarrassing percentage of people who set them never look at them again.

So what about those who follow through on their resolutions? How about the ones who maintain a laser focus on their goals and achieve them? I caught an article by a psychotherapist that added an unexpected dimension to this conversation.

She said that among the approximate 20% who do manage to reach the finish line on their goals and resolutions, the majority don't feel much better off than those who quit, or never get started. I read that and thought, "No way, that cannot be true." It is true, and here's why — too many of those resolutions and goals are not linked to the individual's core principles, core beliefs, the operating system each of us has that guides us in life.

As it turns out, when we know what we want and what we want connects solidly to our basic principles, the rate of people following through on their goals is far higher. One more thing, principles add a level of flexibility that goals may not.

Goal: I will read 24 books on leadership this

year, two per month.

Principle: I am committed to improving my leadership knowledge on a regular basis.

What if something pops up that prevents you from reading 24 books? You'd still have other forms of content like podcasts, blog posts, and training courses? Let's say you did read 24 books, the real point would have been missed. It's not the reading of the books that matters, it's using what we learn to make changes in our life. Someone who reads one book and uses it is far ahead of the one who crams in 100 books and does nothing.

Let's try, "Goal, I want to lose 25 pounds in three months." How about the principle, "Overall great health is critical. I'm going to focus on making better choices in my eating, exercising, sleeping, flossing my teeth, and all the rest.

The other thing is that a goal or resolution has a natural end point. Principles do not. What if I hammered home those 24 books and didn't pick another one for five years? What if I lost the 25 pounds but ignored health in other areas?

We may blow off our new year's resolutions and we may quit on our goals. However, it's unlikely we'll cash in our principles and walk away.

Whatever you want to accomplish in the coming year, see how it lines up with your beliefs, your operating system. You just might get a whole lot further down the road if it does. May 2020 be your greatest year ever.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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